

Daily Affirmations

Mind

I am fully present, attentive, and focused on the activity, task, meeting and/or conversation in which I am engaged in the moment.

When faced with stresses and roadblocks, I say to myself "I can handle this."

I believe that I can accomplish whatever I set my mind and body to do.

I act thoughtfully on my positive and negative emotions when they pop up.

I cultivate and enjoy positive feelings related to my past.

I celebrate the present by savoring small pleasures in life.

I am hopeful and optimistic about the future.

I am able to bounce back quickly from setbacks.

Body

I put high-octane fuel (healthy food and drinks) in my tank.

My energy is high from morning to night.

I am a competent boss of my weight.

Most nights I get a good night's sleep.

I listen to and act thoughtfully on the signals that my body sends to me about what it needs.

Life and Work

I have crafted a life that has meaning and a sense of purpose.

I use my top strengths most days.

I often express gratitude.

I plan and control my finances so they don't control me.

I make time to recharge my batteries, which includes having fun.

I view setbacks as learning opportunities.

I am knowledgeable and ever curious about the latest discoveries on optimizing well-being.

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